REGINA metro®

NEWS WORTH SHARING.

Rah-rah for RAA

From opening for the Tragically Hip's stadium tour to playing an intimate show of their own in Regina this weekend, the Rural Alberta Advantage get 'the best of both worlds'

PAGE 8

Waiting for Geroy, still

Rider Nation will have to hold out a while longer for slotback Geroy Simon's much-anticipated debut with the home team

PAGE 14

WITH MORSI TOPPLED, CAIRO ERUPTS

THOUSANDS OF EGYPTIANS TAKE TO THE STREETS IN JUBILATION AFTER THE PRESIDENT IS OUSTED BY THE MILITARY

PAGE 4

KEEP COOL, CARRY ON

The intense heat in Regina on Wednesday didn't stop this group from taking its yoga session to downtown's Victoria Park. The temperature climbed to 34 C in the Queen City by mid-afternoon. For some hot tips on staying cool, see page 3. ALYSSA MCDONALD/METRO

Stadium design up in the air

$278M project. Final product could differ from what public has seen in concept drawings: Deputy city manager

Other action

City hall's executive committee has approved a lease agreement with Sask Sport that will see the organization pay $75 million over 30 years to use the new stadium.

The design of Regina's new CFL stadium is far from certain after a city hall meeting on Wednesday, and could be much different than plans the public has seen.

Regina city council's executive committee has approved a motion that would grant the deputy city manager the authority to select the firm that will design and build the estimated $278-million stadium for the Saskatchewan Roughriders at Evraz Place.

The deputy city manager would select the successful bidding company based on evaluation criteria ratified by council, which has set the price tag and 2017 completion date.

The decision would have to be ratified by council at their July 8 meeting. But the executive committee's vote on Wednesday could be indicative, as its members comprise the full council.

Under the motion approved by the executive committee, the specific design of the stadium would not be voted on by council and could wind up significantly different than what the public has seen in concept drawings so far.

"Through this process, we know we will end up with a different design," said deputy city manager Brent Sjoberg. "Each of the three (bidders) will come up with their own design to be able to achieve the budget that's been laid out."

Bob Hawkins, the only councillor to oppose the motion, said the design presented in the initial drawings was crucial to attracting many residents to support plans for the stadium.

If the design is going to stray from the first sketch, he argued, council should have the final say on it.

Hawkins proposed an amendment that would require council to approve the bid selected by city staff. However, it was handily defeated.

Mayor Michael Fougere said he opposed the amendment because it might allow political meddling to cloud a fair and objective selection process.

"You want to have the politics taken out of it," he said. "To have the uncertainty of having a political decision at the end that could overturn or change or alter is unfair.

"This is a standard practice that we have always done," he added. "We always delegate the decision to administration."

MARCO VIGLIOTTI/METRO

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NEWS 1

Emergency alerts refined

Innovation. New system set to alert residents of bevy of issues, from floods to police standoffs

An advanced, web-based citizen alert system for emergency response has been launched in Weyburn, and several other Saskatchewan cities and towns are potentially in line to get it as well.

The public notification tool went online in the small city on Tuesday, allowing any one of a handful of its officials or emergency responders to alert residents by telephone or e-mail within minutes of evacuation orders, police standoffs, Amber Alerts, weather warnings, drinking water advisories and the like.

"It's a really cool system," Steve Debienne, fire chief in the city of just over 10,000, said on Wednesday of the program installed by the Glendale, Calif.-based firm Everbridge and run out of one computer — and remotely, when the need arises.

"The system is basically built to target the individual, and not just as a simple device. The more information we get about a person — cellphone, e-mail, landline numbers — the better off we are to find them in the event of an emergency."

Those phone numbers and e-mail addresses are being compiled by municipal officials in the southeastern city. Residents and companies with SaskTel-listed numbers are on the contact list, though Debienne said others "need to opt into it" to make it work for the entire community.

A first for Saskatchewan, what Debienne describes as the "pricey venture" is costing the city $8,500 a year, though he stressed that it's money well-spent following a disastrous flood in 2011 and a local water advisory early last year.

"Did we interact with our citizens properly? Can we improve that?" he asked Metro, noting a need for much swifter, effective communication.

"Not everyone listens to local radio. Not everyone reads a newspaper. Not everyone goes online. So it was challenging. Council basically said, 'Find us a system that works.'"

Other major centres in the province are almost surely soon to follow suit, he said.

"Saskatoon is not far behind," he said. "Not Regina as of yet. If I'm not mistaken, though, I think Regina is in the mix or looking at something as well." ROSS ROMANIUK/METRO

A scene of severe flooding that hit Weyburn in the spring of 2011. The city is using that experience in launching the Everbridge citizen alert system for emergencies. CONTRIBUTED/CITY OF WEYBURN

Regina Water Watch may seek legal recourse

A scene at city hall on June 20 when members of Regina Water Watch dropped off their petition. METRO

As Regina's city clerk continues to examine the Regina Water Watch petition on a wastewater plant, the community group is looking at its options in case its effort falls short.

The group, which handed in its completed petition against the plan for a partially privatized wastewater treatment plant on June 20, was dealt a blow last week when the city clerk, Joni Swinicki, informed its members that only signatures with the day, month and year included will be counted.

"We are going to try to do some of our own checking of the signatures — just to see if we can get a handle on how big the problem is," Jim Holmes, spokesman for Regina Water Watch, told Metro earlier this week — still unsure how many of the 24,232 signatures would be affected.

"Then we would have to look at the other options. Perhaps that would include talking with a lawyer about how we might challenge it."

If Swinicki — whose report under the provincial Cities Act is final — finds the petition invalid, legal action would be the group's only option under the legislation.

Although the Ministry of Government Relations stepped in weeks ago to clarify the petition's size, which is based around the city's population, it says it has no grounds to interfere when it comes to the interpretation of the legislation's requirements on the dates of signatures.

"This question about the interpretation of the word 'date' is a bit of a different thing, because there is no mention in the act of the minister having any discretion," Keith Comstock, assistant deputy minister of government relations, said on Wednesday.

"The only appropriate place for determination to be made is in the courts."

Swinicki told Metro on Friday that because there is no definition for the word 'date', she consulted a dictionary and the city's legal department to decide what the date should include. She has until July 20 to decide on validation of the petition and to produce a report for city council. The report will state whether the referendum on the wastewater plant will take place. ALYSSA MCDONALD/METRO

Fighting deficit

Civic pension plan set to change in 2014

The Regina Civic Pension and Superannuation Plan has drafted proposed changes aimed at chipping away at its more than $250-million deficit.

A sponsors plan review committee hopes to see the new plan — which affects 6,700 workers in 21 employee groups with the City of Regina, the Regina Qu'Appelle Regional Health Authority, non-teaching staff of the Board of Education of Regina, Regina Public Library Board and the Buffalo Pound Water Administration board — implemented by early 2014.

A letter of intent negotiated by the review committee outlines recommended changes including a five-year extension (up to 20 years) to pay off the deficit; a term 60-40, employer-employee split in paying the debt and a reduction in some benefits including a term with no increases while still under the deficit. However, benefits earned to date would not be affected.

"We believe we have a solution that employees, employers and taxpayers will agree with and support," Brent Sjoberg, the city's deputy manager and chief financial officer, said on Wednesday.

Negotiations for changes to the benefit plan have been in the works for a number of years. A draft of proposed changes was rejected by council in 2011.

Those recommendations in 2011 focused on raising contribution rates. The employers' input from the city was ultimately coming from taxpayers, and would have involved a mill rate increase.

"(City council) basically sent us to do some more negotiating within the parameters," said Sjoberg. "The key piece there is having the employers and the employees agree to something — and we have achieved that."

The changes must go before a civic pension and benefits committee for approval, as well as city council for amending a benefits bylaw and the provincial government for legislative changes. ALYSSA MCDONALD/METRO

Stay cool like that

With the summer temperatures hovering around 30 C all week, including today, Slow Down, Molasses band member Chris Morin shows off some ways to stay cool during this hot, hot weather

Cool cap

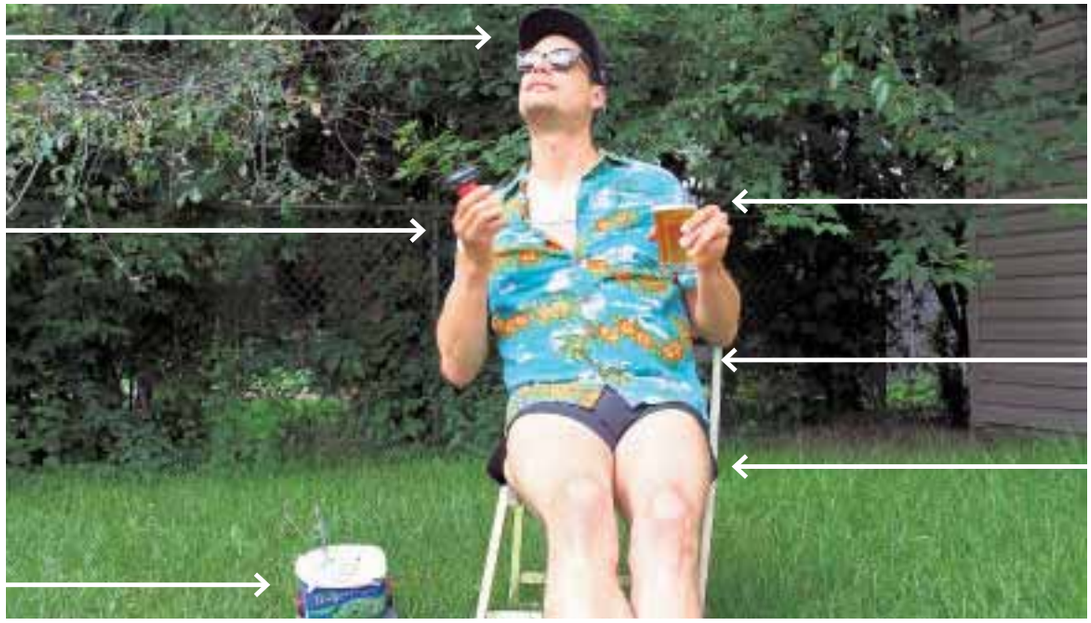
A hat is a great way to keep the burning sun off your face, allowing you to feel cooler and more ready to enjoy your favourite activities.

Mini fan

These handy little fans may be the butt of some jokes, but they are great for keeping the air around you moving and helping you feel a little bit cooler.

A sweet treat

Sometimes, the best excuse to indulge in your favourite frozen treat is when the temperatures creep up. From popsicles to ice cream, there's tons of options.



JANE CAULFIELD/METRO IN SASKATOON

A cold one

A cold beverage is always a really nice treat on a hot day. Keep your fluids up and you'll be able to make it through the steamiest of days.

Hawaiian shirt

With a hip but airy shirt like this one from local vintage shop Better Off Duds, staying cool in the heat is easy and fashionable.

Short shorts

While jeans may help keep the bugs at bay, they also trap in your body heat. Shorts, skirts or even skorts can be a breezy way to stay out of the heat.

Cumberland House

2,200 Sask. flood evacuees start heading home as water recedes

The only road to a northern Saskatchewan community evacuated because of flooding has reopened and people are starting to go home.

About 2,200 people from Cumberland House and the Cumberland House Cree Nation had to leave more than a week ago as rising water threatened the area.

Duane McKay, the province's emergency management commissioner, said the first group of evacuees was being bused back Wednesday.

Concern that the road would be washed out and supplies couldn't get in was one of the reasons the community was evacuated.

McKay was also warning people to be careful about significant debris on Lake Diefenbaker.

Floodwater from Alberta flows from the South Saskatchewan River into the lake, and McKay says trees or other debris might be floating just below the surface.

THE CANADIAN PRESS

Education

SIAST establishes psychiatric nursing degree program

The Saskatchewan Institute of Applied Science and Technology (SIAST) will soon offer a bachelor of psychiatric nursing program — the school's first authorized degree program.

The provincial government announced the degree program on Wednesday, saying it had been authorized after being reviewed by the Saskatchewan Higher Education Quality Assurance Board.

SIAST has become Saskatchewan's second post-secondary school, after Briercrest College and Seminary, to be authorized by the province to grant degrees outside of the two universities. METRO

Jordan Franco

Body of Regina man found in Echo Lake

An RCMP underwater recovery team has found the body of a 27-year-old Regina man suspected of drowning in Echo Lake.

The team, which was brought in from Manitoba to help with the search, found Jordan Franco's body in the water on Tuesday night after he was suspected of drowning on Canada Day in the lake in the Fort Qu'Appelle area, northeast of Regina.

Fort Qu'Appelle RCMP were called at approximately 5:15 p.m. on Monday after a man was seen and heard struggling to stay afloat about 150 metres from shore.

Fire rescue and civilian boats assisted in the search for Franco before the Manitoba divers arrived to help. METRO

Whistle and...

Free fishing offered this weekend

Anyone looking to cast a line into one of Saskatchewan's many waterways might want to head down to their nearest lake this weekend.

The province's annual "free fishing weekend" is this Saturday and Sunday, offering an opportunity for anyone to embrace the sport.

The free weekend does not extend to national parks, and does not apply to those who plan on taking their fish out of Saskatchewan.

"Saskatchewan offers some of the best fishing experiences in the world," Environment Minister Ken Cheveldayoff said in a statement Wednesday. METRO

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131244MO_V2_EN

Egyptians jubilant after army gives Morsi the boot

Overthrow. Chief justice of Supreme Constitutional Court will step in as interim president, military says

The armed forces ousted Egypt's first democratically elected president on Wednesday after just a year in power, installing a temporary civilian government, suspending the constitution and calling for new elections. Islamist President Mohammed Morsi denounced it as a "full coup" by the military.

After the televised announcement by the army chief, millions of anti-Morsi protesters in cities around the country erupted in delirious scenes of joy, with shouts of "God is great" and "Long live Egypt."

Fireworks burst over dancing crowds and waving flags in Cairo's Tahrir Square, epicentre of the 2011 uprising that ousted autocrat Hosni Mubarak. It was one of multiple centres of a stunning four-day anti-Morsi revolt that brought out the biggest anti-government rallies Egypt has seen.

But the move potentially throws the country into further confrontation.

Moments after the army statement, a statement on the Egyptian president's office's Twitter account quoted Morsi as saying the military's measures "represent a full coup categorically rejected by all the free men of our nation."

Some of Morsi's Islamist backers, tens of thousands of whom took to the streets in recent days, have vowed to fight to the end. THE ASSOCIATED PRESS

House arrest

Gehad el-Haddad, a spokesman for the Muslim Brotherhood party, said Morsi was under house arrest at a Presidential Guard facility where he had been residing, and 12 presidential aides also were under house arrest.

Egyptians celebrate at a Cairo teahouse after army chief Gen. Abdel-Fattah el-Sissi's announcement Wednesday that President Mohammed Morsi will be replaced. Egypt's military has suspended the Islamist-backed constitution and called early elections. HIRO KOMAE/THE ASSOCIATED PRESS

Twitter reaction

Tahrir Square Nation @tahrirsqrnation
We're not celebrating an ending, we're celebrating a beginning. #Egypt #EgyptToTheWorld

The Big Pharaoh, blogger, @TheBigPharaoh
If you want to topple your president, get a bunch of Egyptians. They'll do the job very well. They're very experienced now.

Tarek Shalaby, blogger, @tarekshalaby
I'm shocked at activists cheering on the army's coup and the subsequent crackdown of Islamists like it's all part of #Jan25! Unbelievable!

Dr. Hellyer, academic, @hahellyer
I'm concerned about the backlash by, and against, the #MB, and any violence. I'm worried the MOI and the military will get a blank cheque.

Edmonton

Girl left in hot car dies in hospital

Edmonton police say a little girl left inside a parked car as outside temperatures soared above 30 C has died despite the best efforts of first responders.

The three-year-old child was found near death Tuesday evening outside a townhouse complex.

Paramedics performed CPR and provided hydration before the youngster was taken by ambulance to the Stollery Children's Hospital.

"EMS and (Edmonton Fire Department) did what they could to resuscitate the child. Despite their best efforts, the child was taken to hospital and subsequently died," Det. Scott Jones said Wednesday.

It's not known who rescued the girl or how long she had been in the vehicle.

The temperature in Edmonton hit 33 C on Tuesday and humidity levels made it feel more like 43 C. THE CANADIAN PRESS

Snowden saga. Latin American leaders fume over plane diversion

The European rerouting of the Bolivian presidential plane over suspicions that National Security Agency leaker Edward Snowden was aboard ignited outrage Wednesday among Latin American leaders who called it a stunning violation of national sovereignty and disrespect for the region.

But as President Evo Morales headed home after an unplanned 14-hour layover in Vienna, there was no immediate sign that Latin American anger would translate into a rush to bring Snowden to the region that had been seen as likeliest to defy the U.S. and give him asylum.

Snowden was still believed to be in the transit area of Moscow's international airport.

Morales' plane was diverted to Vienna Tuesday after his government said France, Spain and Portugal all refused to let it through their airspace because they suspected Snowden was on board. THE ASSOCIATED PRESS

Bolivian President Evo Morales enters his plane in Vienna on Wednesday. The plane was rerouted to Austria after various European countries refused to let it cross their airspace because of suspicions that NSA leaker Edward Snowden was on board, Bolivian officials said. HANS PUNZ/THE ASSOCIATED PRESS

Mandela's grandson ordered to return relatives' remains

In a macabre family feud fought as Nelson Mandela remained in critical condition, a South African court ruled Wednesday that the former president's grandson must return the bodies of the 94-year-old's three deceased children to their original burial site.

Mandela is in "perilous" condition and on life support, according to an affidavit filed Friday and made public in the ruling Wednesday, according to a South African newspaper.

The judge's order means that grandson Mandla Mandela must reverse the action he took in 2011, when he moved the bodies from Mandela's hometown in Qunu to his birthplace of Mvezo, about 25 kilometres away. Mandla Mandela has authority in Mvezo as a tribal chief and has plans to create a Mandela shrine, hotel and soccer stadium there.

Mandela said he wanted to be buried in Qunu and attended the burial of his son at the family plot there in 2005.

A man cleans a street in front of a fence with get-well letters and flowers in support of former South African president Nelson Mandela at the entrance to the Mediclinic Heart Hospital in Pretoria, South Africa, on Wednesday. MARKUS SCHREIBER/THE ASSOCIATED PRESS

"It's an issue of greed, and everyone needs to be quite clear about that," said Charlene Smith, the author of three books on the former president, including Mandela: In Celebration of a Great Life.

"Although he's been able to bring reconciliation to South Africa, he has this warring family," Smith said of Mandela. "He hasn't been able to bring peace at home."

Family divisions became public this week when 15 Mandela members, including wife Graca Machel, pressed a court case to order Mandla Mandela to return the bodies to Qunu. THE ASSOCIATED PRESS

Opposition MP wants probe into Calgary train bridge collapse

Transport Canada. Calgary Mayor Naheed Nenshi and MP who represents the riding where bridge failed expressed anger with CP

An Opposition MP is calling for a separate Transport Canada investigation into the near-collapse of a flood-damaged rail bridge in Calgary to see if tough new rail safety regulations were broken.

"Someone needs to be held responsible," said New Democrat transport critic Olivia Chow.

"The federal government shouldn't wash their hands of it and the (Transportation Safety Board) is not the right venue. It really is Transport Canada."

Four petrochemical-laden rail cars derailed on a bridge over the Bow River last week when a Canadian Pacific Railway freight train was passing over the span. A preliminary investigation has determined one of the four piers that support the bridge sagged when the river swelled during heavy flooding.

CP said it inspected the bridge 18 times after the flooding began, but it was unsafe to send divers down to check below the water's surface.

"We would normally have probably put divers in to inspect, but the current was too fast," CP CEO Hunter Harrison said last week. "It's so murky, you couldn't do an appropriate inspection."

Harrison said it would have been "jeopardizing commerce" to hold back trains until divers could get in.

Chow said the federal government needs to investigate the failure under provisions of the 2011 Railway Safety Act, which came into force last May. Companies that break the rules can be fined up to $1 million and executives can be fined $50,000 or face jail time of up to six months.

Chow said the act requires the government to ensure railways are doing a proper job of monitoring safety procedures.

"Under the (safety management system), they're supposed to investigate if the company is following the rules or not and of course there should be an investigation," she said. THE CANADIAN PRESS

Volunteer Chris Rogiani, left, hoses the mud off another volunteer outside a restaurant in High River, Alta., Wednesday. Transport Canada has issued an emergency directive for CP trains to restrict their speed to 17 kilometres an hour over bridges that might have been weakened by flooding. JEFF MCINTOSH/THE CANADIAN PRESS

Annie, get your gun

RCMP to return arms

Mounties have outlined the process for flood evacuees in a flooded southern Alberta town to get their seized firearms back.

The Mounties took the guns as officers searched homes in High River to look for victims, pets and anything that might pose a threat to returning residents. Some residents were up in arms about the seizures and the PMO demanded they be returned as soon as possible.

The RCMP say people must present a Possession Acquisition Licence and if they don't have that, police can verify the licence through the Canadian Police Information Centre computer. THE CANADIAN PRESS

From guitarist to alleged jihadist

Four years ago, the man RCMP say planned a Canada Day terror attack at the British Columbia legislature was too drunk and violent to be kept on as the guitarist in a heavy-metal band, according to a fellow musician.

But some time between March 2009 — after his failed tryout for The Lust Boys in Victoria — and this March, when an indictment says the bombing conspiracy began, John Nuttall allegedly became a home-grown terrorist inspired by al-Qaida to kill fellow Canadians.

"It's crazy stuff," said Colin Stuart, a.k.a. Tommy Thrust, who met Nuttall through a musician forum. "It doesn't really make any sense to me really, because back when he was in the band ... he never made any reference to religion at all. He was more into politics."

Nuttall did a month tryout for the band but they parted ways at the end of March 2009.

"It didn't work out, because basically Mr. Nuttall was extremely difficult to work with and he would always be at rehearsal completely either drunk or messed up on some kind of substance," Stuart said Wednesday.

John Nuttall BANDMIX.CA

Nuttall, 38, and his partner, Amanda Korody, were arrested on Monday and charged with three counts each in relation to an alleged plot to detonate bombs at the B.C. legislature in Victoria on Canada Day, as thousands celebrated the national holiday.

Police say the two were inspired by "an al-Qaida ideology" but were not linked to any international group.

Nuttall and Korody were described as polite by the landlady of the basement suite they rented in Surrey, B.C., for the past three years.

The two-bedroom apartment sits at the bottom of a house in a residential area of Surrey, about 30 kilometres southeast of Vancouver. Their landlady lived on the house's main floor.

"When we look at them, they live in poverty, they ask for money sometimes from me," said the landlady, who did not want her name published.

"They were always looked like they have something, drugs or alcohol, but they never (caused) anything bad."

On Wednesday, there was little in the way of furnishings or belongings in the apartment, but what was there was strewn about in messy piles. It wasn't clear whether the mess was the result of the police search. THE CANADIAN PRESS

Thou shalt not gouge

Canada's major wireless carriers want to overturn provisions in the new wireless code of conduct that would apply terms of the code to contracts signed before the rules come into force on Dec. 2. The CRTC has ruled that customers can terminate their contracts after two years without penalty, even if they signed on for longer.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Chose prayers instead

Parents who withheld care properly convicted

Parents who prayed instead of seeking medical help as their daughter died were properly convicted of homicide, the Wisconsin Supreme Court ruled Wednesday. Eleven-year-old Madeline Kara Neumann died of undiagnosed diabetes in 2008. Prosecutors said her parents ignored obvious severe symptoms. Her mother told police God would raise the child from the dead. THE ASSOCIATED PRESS

Cleveland, Ohio

Suspect in rape, kidnapping case ruled fit for trial

A man charged with holding three women captive for about a decade and raping them is competent to stand trial, a judge ruled Wednesday. Ariel Castro faces aggravated murder charges in the termination of one of the women's pregnancies. THE ASSOCIATED PRESS

U.S. weed retailers look for a pot of gold

Hashing out a plan. Ex-Microsoft exec aims to be the Bill Gates of bud merchandising

KIERON MONKS
Metro World News

Weed has come a long way from student parties and police evidence rooms, and as legalization gathers pace across the world, many believe it represents the next great industry.

"Marijuana is like a gold rush … and I would like to be the Coca-Cola brand," says Jamen Shively, a former Microsoft executive who is now preparing to launch Diego Pellicer, the largest retailer yet. "After we launch in Washington (state), we will replicate that model throughout the Americas and Western Europe."

With supporters including former Mexican president Vicente Fox, Shively is confidently projecting profits of over $100,000 US from the first month of operation, which is likely to be in early 2014. "It's the most consumed illicit substance in the world — and the golden rule of marketing is, 'It's better to be first than best.'"

When most people think of weed retailing, they think of grow supply shops. But a U.S. executive now wants to launch a chain of stores to sell the finished product. GETTY IMAGES FILE

Medical marijuana alone is worth $2 billion in the U.S. and grows 24 per cent each year. Last year, Colorado and Washington became the first U.S. states to legalize the drug for recreational use, and with more states set to follow suit, momentum and commercial opportunity is growing.

"I would expect the first stores for recreational use to open in January (2014)," says Dan Riffle, deputy director of government relations for the Marijuana Policy Project. "After that, you could see the federal government legalizing within four to five years."

But as the industry grows, Riffle expects larger companies such as Shively's to be hit with up to 25 per cent tax on transactions. "They would pitch it low enough to hit the black market but high enough not to be seen as encouraging use."

Such fears — along with the difficulties of moving a substance still widely illegal — have kept the major tobacco firms out until now, but activists would welcome them. "The more capital is in the industry the more it gets pushed forward," says Kris Krane, head of the Students for Sensible Drug Policy. "These firms have lawyers and lobbyists that can accelerate the process."

Not such a people person

Honda Motor Co.'s walking, talking interactive robot Asimo is running into glitches in its new job as a guide at Tokyo's Miraikan science museum. The bubble-headed machine, shown walking up a set of stairs at the museum during a demonstration event on Wednesday, had problems telling the difference between people raising their hands to ask questions and those aiming their smartphones to take photos. It froze mid-action and repeated a programmed remark, "Who wants to ask Asimo a question?" SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Television

Netflix signs new deal with PBS

Netflix Inc. said it has agreed on an expanded multi-year licensing deal with PBS Distribution, making more PBS programming available to its subscribers in the U.S. and Canada. Starting in the fall, Netflix will have exclusive streaming rights to U.K. murder mystery series The Bletchley Circle. The deal also covers documentaries from filmmaker Ken Burns. THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.15¢ (+ 0.35¢)

TSX 12,145.68 (-32.70)

OIL $101.24 US (+$1.64)

GOLD $1,251.90 US (+$8.50)

Natural gas: $3.69 US (+4¢)
Dow Jones: 14,988.55 (+56.14)

Kate the Great: Images of 'living icon' to be auctioned this fall

Few people have been photographed more often than Kate Moss, and some of the most famous images of the supermodel are going under the hammer at a Christie's auction in London this fall.

The sale, announced Wednesday, includes a shot of Moss encased in bronze glitter by Allen Jones and images by well-known photographers including Annie Leibovitz, Bruce Weber, Mario Testino, Sam Taylor-Wood and Irving Penn.

The works, collectively valued at about $1.6 million, have been assembled by German collector Gert Elfering. He called Moss a "living icon."

"Kate is the ultimate modern muse and we will be seeing her images in major museums and private collections for years to come," he said. Moss has been a star since she was discovered in the late 1980s. Now 39, she remains among the world's best-known and best-paid models. THE ASSOCIATED PRESS

A 2005 screen art print by Banksy entitled Kate Moss (Purple and Orange) seen at an exhibition hall in London. THE ASSOCIATED PRESS

SKALD IN 64 BITS

The MSI Computer Camps are a set of summer camps dedicated to helping youth develop skills in computer related areas.

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Rogers set to launch new reward program

Rogers will begin rolling out a new loyalty program on Monday in a bid to keep customers from switching to rival carriers.

"Something that most major carriers worldwide do not do well at is recognizing and rewarding customers for tenure," said executive vice-president and chief marketing officer John Boynton.

Wireless carriers also get criticized for treating new customers better than existing ones, said Boynton. "Those are two specific things we want to address with customers with the new loyalty program," he said. THE CANADIAN PRESS

Points program

- Wireless, cable, Internet and home phone clients will be able to earn points that can be redeemed for rewards such as U.S. roaming packages, premium TV content and upgraded Internet packages.

YouTube. Google sets its sights on 'generation C'

Google is searching for Internet addicts roughly 18 to 34, who spend seemingly every waking hour connected to the Internet, who are comfortable on camera, don't mind getting personal with millions of strangers around the world, and have a knack for trend spotting.

The search giant is looking for members of that cohort that has come to be known as "generation C."

The digital natives of generation C are seen as the early adopters who will help legitimize YouTube as a real rival to conventional TV, since they're already looking to the video platform for prime-time entertainment. They'd rather watch an hour's worth of short five-minute clips than whatever sitcoms and dramas are on TV.

And they're also enthusiastic creators of engaging, shareable online content that attracts the young eyeballs advertisers covet.

"This is the person who creates content, who curates content, they like to be connected with the world around them … and they just have a very different interaction with content than we're used to seeing," says YouTube's manager of strategic partnerships Ipsa Desai. THE CANADIAN PRESS

A Google employee works on a laptop before the start of a conference in San Francisco in this file photo. The search giant believes 18-to-34-year-old members of "generation C" are key to YouTube's success. GETTY IMAGES FILE

WHY WORK ISN'T WORKING

HE SAYS

John Mazerolle
metronews.ca

Beer commercials have lied to me about Canadian youth.

If the ads are true, then Canucks should be gallivanting around the world trying to dethrone Australians as the World's Most Obnoxious Tourists. But instead, I keep reading about highly qualified Canadian students with low-paying, miserable jobs.

It's hard to gallivant at $8 an hour.

Sometimes it's even an unpaid internship, where you get the opportunity to hear about "your" generation's sense of entitlement from a paid, union-shielded employee who calls in sick every time hockey goes to overtime.

My advice? Don't let these people talk down to you. Let me talk down to you. Follow my example and you can see how these early, difficult steps can be a stairway to success.

Be innovative. My first job was in newspapers — in the vital delivery sector — and at age 10 I was on the vanguard of innovation.

Papers were much thicker then, because they had to protect the TV Guide, also known as the heart of the industry. You could get a story completely wrong and you might get three angry letters, each containing the words "standards" and "all my years."

But if the TV schedule was missing, you could count on a large mob of elderly women carrying pitchforks and torches demanding blood and/or a free subscription. (Usually the newspaper would sacrifice an unpaid intern.)

And here's where I got innovative: When the newspapers were especially heavy, I would pick up the full bundle and toss it into a ravine, then say the papers never arrived. I believe this was the earliest iteration of "I never got your email," an accomplishment for which I am duly proud.

Leverage your relationships. The BiWay doesn't exist anymore, but it was the sort of store that specialized in cheap socks and boxes of crushed cookies. The customers thought I was an idiot because I worked there, and I thought they were idiots because they were shopping there.

I was as awkward around the customers as possible so that my boss would put me in the storeroom where I could count things and not talk to anybody.

I could have been an accountant, but decided the best job for somebody who didn't want to talk to anybody was the media.

When you find a job you like, cling to it. One day during my first year in journalism, a stranger started yelling at me for the unforgivable sin of being a reporter. He made airplane parts and said, "You know, if we made as many mistakes as you people, a lot of people would die!"

After lamenting the loss of so many hypothetical people, I realized he hated me without even knowing me. It was then I knew I loved journalism.

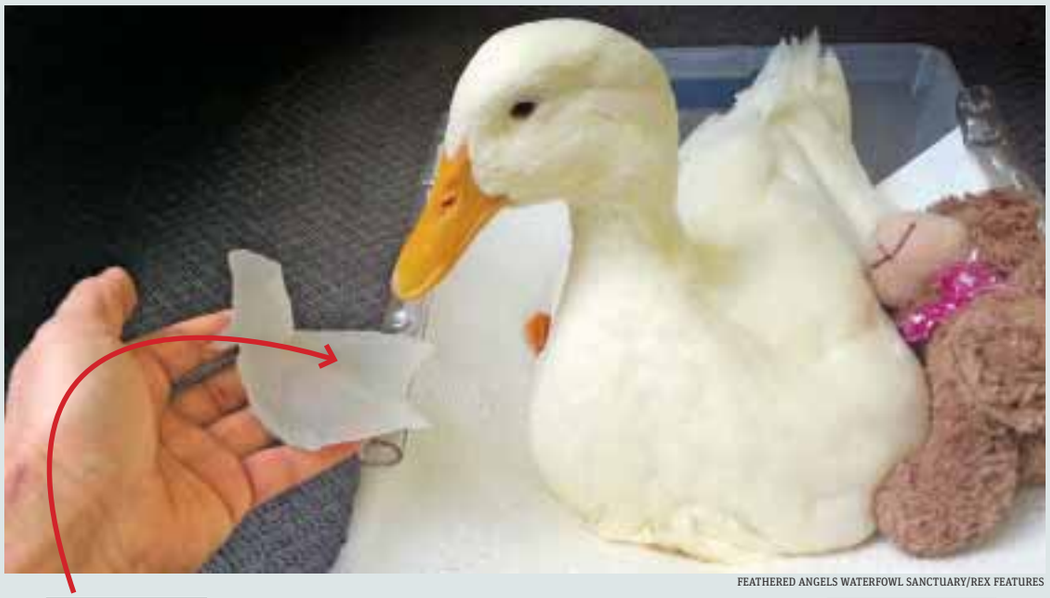
So, as you can see, with the right attitude you too can work in miserable jobs for a decade or more so that you can end up in a job where people think that you're pond scum.

I trust my story has inspired you, perhaps to tears. If not, have a beer to forget.

When I read about the working struggles of today's youth, it just makes me ill. I think I'll call in sick.

ZOOM

Put your 3D-printed foot forward



FEATHERED ANGELS WATERFOWL SANCTUARY/REX FEATURES

Cheer up, Buttercup: Lucky duck gets prosthetic foot

When Buttercup the duck was born with his left foot turned backwards, he seemed destined to hobble.

But, thanks to cutting-edge 3D printing technology, the white duck now has a brand new webbed prosthesis. Buttercup was born with his disability at a high school biology lab before being handed over to Arlington, Tenn.-based Feathered Angels Waterfowl Sanctuary.

In February 2012, an 83-year-old woman in the Netherlands received a new 3D-printed lower jaw made from titanium. And in May of this year, South African carpenter Richard van As created a prosthetic hand — which helps people who have missing fingers. METRO

Ducking destiny

"There was always the big unknown of whether or not it would work and if he would accept it. If he didn't like the prosthetic, it wouldn't have mattered how many times I changed it."

Mike Garey, founder of the Feathered Angels Waterfowl Sanctuary

Path to prosthesis

- **Amputation.** First, Buttercup's disfigured foot was removed.
- **Mould and silicone.** Then 3D printing specialists NovaCopy scanned the left foot of Buttercup's sister Minnie and printed a 3D mould used to cast a silicone foot.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's more to Google Street View than trawling dull streets hoping to catch a glimpse of LARPers or a saucy roadside transaction. Try dropping the little man on these famous buildings for a glimpse inside.

GOOGLE

Canada's Parliament:

Kick off your tour with a stroll across Centre Block floors polished to a glow and poke your head in the first-floor library. Sadly, the limits of technology prevent you from a Chretien-style run up the stairs.

Burj Khalifa:

Whether it's the height or the cost of airfare that's making your knees weak, don't let it hold you back from experiencing a view of Dubai from the top of the world's largest building.

360 Cities:

Are you the type of person who sniffs at feats of architecture, what with their stench of humankind and all? Lucky for you the very cool site 360cities.net also hosts panoramic views of coral reefs, shipwrecks and aerial scenes captured by RC planes.

Comments

RE: 3D-Printed Gun Under Lock And Key At University of Toronto, published July 3

Plastic gun, BIG DEAL. Most of the bad things are in the stores for the buying, no questions asked. Last Boston marathon they were calling it a pressure cooker bomb filled with fireworks. Both are still around. I have the feeling that a computer isn't needed to make this plastic gun. **mikejb posted to metronews.ca**

Exactly. it's plastic. People can make real ones easily. What a pointless story. **Richard Bulmer posted to metronews.ca**

RE: Jennifer Lopez: Happy Birthday Mr. Human Rights Violator, published July 3

From American Idol judge to playing Turkmenistan. Sounds about right. **Dangerpayrayray posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE

Regina set to take Advantage of this band's one night off

To relax or to rock? Rural Alberta Advantage choose to trade in quick break from Tragically Hip tour for an intimate, local performance

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

Toronto's indie-rock trio Rural Alberta Advantage is playing the Exchange in Regina on Sunday. SUBMITTED /VANESSA HEINS

When you are the opening act for dates on the Tragically Hip's prairie tour, what would you do with your only night off?

The Rural Alberta Advantage is playing Regina.

The indie-rock trio, often just referred to as RAA, is taking advantage of a break in their stadium tour opening for the Canadian legends to play an intimate show for their Queen City fans.

"It will be different but good — I mean we obviously love playing with The Hip… but we really love playing smaller, more intimate venues," said Amy Cole, keyboard and backing vocals with the RAA.

"This is kind of the perfect weekend because we get to do both — the best of both worlds."

The RAA will play at The Exchange on Sunday night in Regina, after taking the Credit Union Centre stage in Saskatoon with The Hip the night before. They will also join The Hip on stage in Estevan on Monday night.

"It's really incredible for us to have a band we grew up listening to and now be able to meet them, share the stage with them and see how they operate," Cole told Metro from her home in Toronto.

"We had a very busy few years and it's tough — songwriting is a challenge and touring is a challenge. It's really great to watch these guys really put on a clinic and show us how its done."

RAA has previously been focused on touring since their first self-released album Hometowns was picked up in 2008 and their latest album was released in 2011. They're hoping to have a new album out by next year and have been working and reworking their new songs to perfection.

"We really want every song we write to be better than the song that preceded it," said Cole. "Maybe we are a little critical and tough on ourselves but we really want to have great songs out there."

Other than summer dates with The Hip, Cole says the band — which includes Paul Banwatt on drums and Nils Edenloff on lead vocals and guitar — wants to "get down to business" and focus almost exclusively on writing.

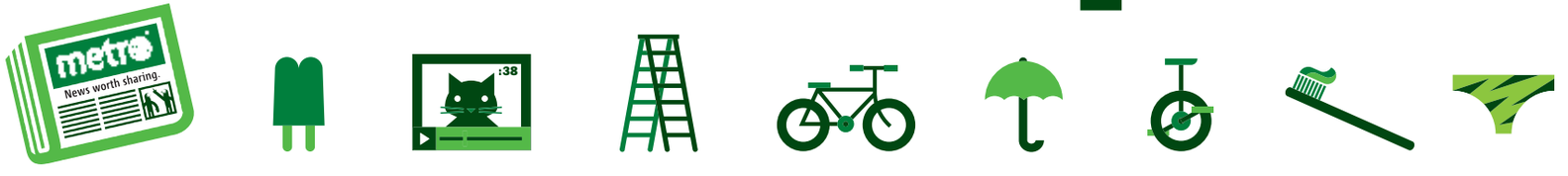
"We have been not playing many shows this year… so this special show will be one of our only headlining shows of the year," said Cole.

In addition to being one of their only headlining shows this year, Cole says the Exchange gig is also a special show to her since her brother's band, Eagle Lake Owls, will be joining them from Winnipeg.

"I am really excited to see them because I don't get to hang out with my brother that much anymore," said Cole, "so I urge people to come early to see them."

THE RAA WILL HIT THE STAGE AFTER THE EAGLE LAKE OWLS AND RAH RAH'S MARSHALL BURNS. DOORS OPEN AT 7:30 P.M. TO THE ALL-AGES VENUE ON SUNDAY AND ADMISSION IS $15.

Sharability



These Girls won't be stopped

Dramedy. Showrunner Jenni Konner said key cast member's departure stunned the crew but only forced them to work harder

Executive Producer Jenni Konner and series star/Executive Producer Lena Dunham on set of Girls Season 1. HANDOUT

Girls showrunner Jenni Konner says the sudden departure of cast member Christopher Abbott from the HBO dramedy in April came as a shock and forced them to "rethink a lot" for the next season — but it also resulted in even better stories.

Abbott played Charlie, love interest to Marnie (Allison Williams), on the Golden Globe- and-Emmy-winning series that wrapped its second season in March. Tonight, the first season debuts with back-to-back episodes (uncut and uncensored) on CosmoTV, marking the first time it's airing in Canada outside of pay TV.

Konner says Abbott's abrupt exit meant the creative team had to double their efforts for the next season, which was already in development. "We really had to think on our feet," she said in a telephone interview this week during a break from shooting. "We were surprised and we had gone down on a road creatively with him that we thought we were going to stay on, and we didn't. But like many things like that, I'm sort of happier with what we wound up doing than what we were planning to do when we had him. ... Sometimes those critical moments make you have a fresher perspective.

"It was a bit of a headache but I have to say, when I look back I think: 'Oh, we're so lucky that headache happened,'" added Konner, who is also an executive producer and writer on the series about four young women navigating post-collegiate life in New York City.

Konner wouldn't get into why Abbott left but said "honestly, there are no hard feelings."

"He's a really talented actor. We had a really good time with him. He wants to do something different creatively and I feel fine about that." THE ASSOCIATED PRESS

Lined up

Guest stars lined up for season three

- **Actors.** They include Rita Wilson, Patti LuPone, Amy Morton, Deirdre Lovejoy and Richard E. Grant.
- **Big roles.** Series star Lena Dunham is also the creator, director, producer and writer of the gritty series.

Elijah Wood stars in the FX Canada series Wilfred. HANDOUT

Horror slasher flicks make Elijah Wood a happy little hobbit

Interview. Former Lord of the Rings star is now all about making his own scary movies and playing a maniac serial killer in a new flick

To hear Elijah Wood talk about the 1978 slasher film Halloween, he sounds, well, giddy.

"I've seen it so many times," he said in a recent interview. "The feeling that I get from the movie? It's almost like the feeling one would get from watching a Christmas movie. It made me feel happy! Like, I don't know if it's a sense of nostalgia I attach to the film? Maybe I've seen it so many times it feels like, you know, an old familiar record or something. But I put it on and I feel joy watching that film."

Such is the reaction of a true lover of the horror genre.

"I love Michael Myers. He didn't have a long shelf life because I didn't love all the iterations of that character. He's a great rendering of the boogeyman."

The 32-year-old actor, known for The Lord of the Rings trilogy, his FX Canada TV series Wilfred and, in the music world, as a popular DJ, has an encyclopedic knowledge of scary movies, with a starring role in the new film Maniac and his own fledgling horror production company.

Wood plays a serial killer in Maniac, a film told entirely from his point of view — you see Wood only in his reflections or in his hands as they cross in front of the camera.

In a recent interview, Wood said he found the experience to be extremely technical but also an exciting, collaborative effort.

"You go into (shooting from a point of view aspect) thinking, 'It's gonna be easy. It's a single shot but you're under such intense parameters that every scene became a puzzle." THE ASSOCIATED PRESS

Theatres

Wood's new production company, The Woodshed Horror Company, has three movies in the works.

- **Theatres.** Its first film picked up for distribution, Toad Road, was discovered at the horror film festival Nightmare City (which The Woodshed helped present.) It will hit theatres in October.

Nostalgia

Animated Saved by The Bell. HANDOUT

Saved by the animations

Punky Brewster and the kids from Saved by the Bell are returning to the small screen through digital comic books. So, too, are Knight Rider, Airwolf and Miami Vice.

Lion Forge Comics and NBC Universal said Tuesday they partnered to develop, write, illustrate and publish digital comics based on those shows from the 1980s and 1990s, bringing new stories for characters like Crocket and Tubbs as well as Kit and Screech.

The comics are set to be released later this year through iTunes, Amazon's Kindle Bookstore, Barnes & Nobles' Nook store and Kobo. THE ASSOCIATED PRESS

Meek Mill. ALL PHOTOS GETTY IMAGES

Meek Mill has to tighten up his Twitter game

Oh man, if only we could mandate half of the people we know on Twitter and Facebook to do this! A Philadelphia judge has ordered rapper Meek Mill to complete a series of etiquette classes to "refine his use of social media" at a probation violation hearing (for drug and gun charges) last week.

A cursory glance at Meek's Twitter reveals that the rapper is prone to tweeting explicit and kinda misogynistic recommendations for lady behaviour which, while gross, isn't much worse than the kind of stuff half the pimply teen boys across America post to their various social media outlets daily.

Betty White.

Like it or not, Betty White will get her jollies

What's that saying about too much of a good thing? We can't remember exactly how it goes, because our brains are old and feeble, but not as old and feeble as Betty White, about whom this saying applies.

Because, OK, if this was two years ago, and we read in InTouch Weekly that she considers herself a "terrible flirt — I love to do it! I get my jollies that way!" and that, at 91-years-old, she's "much sexier" than ever, we'd laugh affectionately to ourselves.

"That incorrigible old bag," we'd say. "That randy old nana! What a card!" Because it would still be charming, in kind of a gross way, and it would still be new.

But it's not new. And this stuff is now getting disturbing.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Get it through your Thicke head, he's talking about his junk

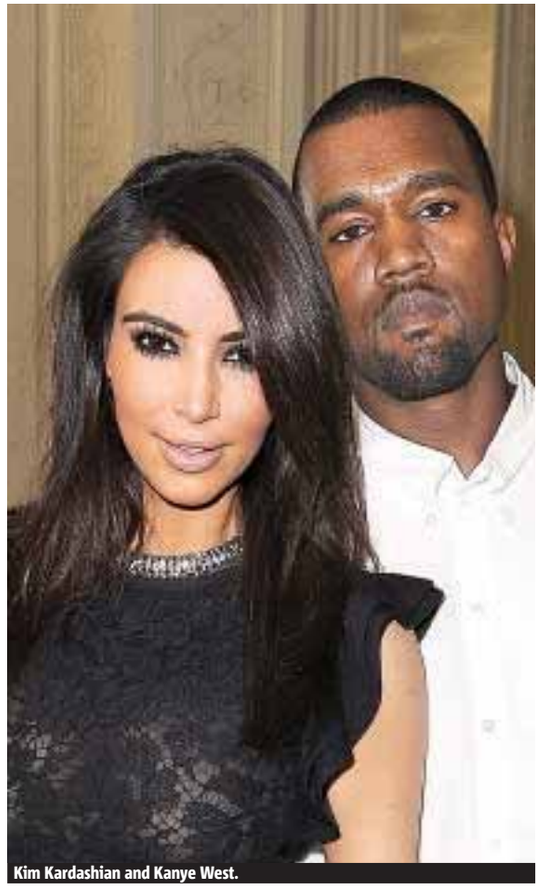
ALEXANDRA M. CAVALLO
Metro World News

Sometimes, when I remember that Robin Thicke's dad is Alan Thicke, I laugh a lot because, oh man, what would Dr. Seaver say? Dude used to blow a lid when Mike stayed up past 9 p.m. eating ice cream and here's Robin mouth-sexing a chocolate cone while eye-sexing half-naked models in the video for Blurred Lines.

Good thing, then, that Robin's real life isn't anything like an episode of Growing Pains, because I'm pretty sure Papa Seaver might actually have a heart attack when he caught wind of Robin's new song, which, if possible, is even more inappropriate than its predecessor.

The new joint Give it 2 U (because not spelling out full words is hella sexy, as everybody knows) features a guest spot by BET Awards-sweeper Kendrick Lamar and is about, uh, well, Thicke giving it to you. It being his big, thick, throbbing ... heart.

And here's the thing — despite being almost obnoxiously sexual (is that even a thing?) it's sort of a totally catchy jam. It'll get stuck in your head, much like Thicke plans to stick his ... never mind.



Kim Kardashian and Kanye West.

Kim and Kanye won't sell pictures of their kid

In one of the first public things Kim Kardashian and Kanye West have done in quite some time that didn't make us want to move to Siberia or some other place where people had more pressing matters (like foraging for food so as not to die) than Kim's pregnant cankles to worry about, the couple have not accepted a very large sum of money in exchange for the first photos of their newborn kid.

According to US Weekly, K Squared turned down a $3 million dollar offer for the very first pictures of North West — which is like three cents in Kardashian/Yeezy currency — but still.

It's a fairly decent move.

Unless, of course, they're holding out for a better offer. In which case, same old Kanye.

Twitter

@AmandaBynes
I'm In Love With Someone Else Who I Do Not Follow On Twitter Who Is The Most Gorgeous Man I Know But Drake Comes In Second

@justinbieber
interesting how some people in the media wanna take shots at me for no reason. all good. keeping it positive over here. all about the music

@ParisHilton
Packing up all my Summer clothes & favorite things to move over to my Malibu Beach house. #TheBu #BeachLife #SummerTime #Fun Loves it ;)

A*M*E is the girl to be

Shoulder pads with 'POW!' The British singer has written tracks with Emili Sande and toured with Jessie J. She talks to us about her personal style

ROMINA MCGUINNESS
Metro World News

As a child, Amy Kabba, better known as A*M*E, fled a war-torn Sierra Leone and moved to London, where she discovered The Backstreet Boys, 'N Sync and Destiny's Child. And nope, she's not embarrassed to admit she's still a fan of '90s pop. The 18-year-old will be releasing her debut album later this year, but in the meantime, the BBC Sound of 2013 nominee opens up about her crush on Rihanna, love of Louboutins and the power of a bold lip.

As a new artist, is it difficult deciding on what your look will be?
You have to appear with a certain look, which is difficult because it's almost impossible to think of something that hasn't been done. But as a person, you grow and your style is going to change. My style is bold and bright. I once wore this Shara Hayz body suit with frosty shoulder pads that was so incredible.

I wear a lot of pieces that are like, "POW!" I like to take risks, and being a darker skin tone, bright clothes and accessories work well on me.

Are there any stages that you look back on and cringe?
I can never really say where my style will go. It evolves with me and whatever influences me at that time. When I was younger, everything used to have to match. I was addicted to Primark stripey tops. And having plimsolls that matched the stripey top. And wearing a ribbon in my hair to match the plimsolls and the top. It was horrible — my dark phase!

Given the chance, whose closet would you raid?
Rihanna's. I've got the biggest style crush on her. She wears a lot of things most people wouldn't dare to wear and she rocks them great.

I think we've got pretty similar tastes, so I think I could find some really nice outfits.

And if the offer came up, would you switch lives with Beyoncé?
Yes! She's the meaning of hard work and that's exactly what you need in this industry. She's where she is because she's incredible at what she does.

You moved to London from Sierra Leone as a child. Why did you leave?
My family fled the war in Sierra Leone and moved to London in the hope of a better life. I was really young so I don't remember too much, other than that it was really hot!

The three things she wears the most

Christian Louboutin Pigalle heels

"They're really sexy. It's a designer label so people see them and are like, 'She's really into her fashion!'"

Topshop super high-waisted 'Joni' jeans

"I'm really petite and these seem to be the only jeans that fit me perfectly."

KTZ gold cut-out letter gold necklace

"Off stage and during the day-to-day, I don't really wear a lot of jewelry but as A*M*E I wear way more."

The building blocks of her style

A bold lip

"I feel like wearing a pop of colour on my lips makes me stand out a bit more. I usually wear MAC Shy Girl lipstick with a bit of gloss on top."

High heels

"I'm a heelaholic. I can't stop buying shoes. It's not because of my height; I'm 5'2" and love being short. It's more about how the heel looks."

Oversized T-shirt dresses

"I love to wear oversized tops as dresses. I get most of mine from Ashish. It looks cool, it's comfortable and I find that it's really cute on smaller girls."

Scarves

"As a singer, it's important to keep your neck super warm. So I wear a lot of scarves from Topshop and Warehouse."

LIFE 3

Summer grilling, had me a blast — but uh-oh those chicken bites

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Grilling chicken during the summer months is a healthy, not to mention delicious, way to eat.

Ingredients

- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)
- 1 cup diced fresh pineapple
- 1/3 cup diced red bell pepper
- 1/3 cup diced ripe avocado
- 1/4 cup chopped fresh cilantro or basil
- 1 tsp lemon juice
- 1 tsp honey
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 1/2 tsp low-sodium soy sauce
- 1/2 tsp finely chopped garlic

Grilled Chicken with Pineapple Salsa

This recipe serves six. ROSE REISMAN

Put a sweet fruit salsa over top and, voila, you have an entertaining entrée with an exotic addition.

Feel free to substitute the pineapple for mango, peaches or plums. Add a little jalapeno or hot sauce for an extra kick

1. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to an even 1/2-inch thickness. Set aside.

2. Prepare the salsa by combining the pineapple, red bell pepper, avocado, cilantro, lemon juice, honey and zest, olive oil, soy sauce and garlic in a bowl.

3. Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken for 3 minutes per side or until no longer pink. Serve the salsa on the grilled chicken.

For your phone

Foodie Recipes (iPad/ iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For their quintessential summer edition, Foodie cookbook editors have gathered an enticing mix of gourmet hot dogs, fruity cocktails, grilled tacos, outdoor salads, barbecue sandwiches and rich ice cream creations.

Gobble gobble your way to a healthier burger option

This recipe serves four. RICEINFO.COM

You'll flip over this re-invented, healthier burger.

Turkey, rice and water chestnuts create a tasty burger, further enhanced by Asian flavourings of ginger, soy and sesame and crowned with a sweet grilled pineapple ring.

1. In bowl, beat egg with soy sauce, ginger, hot sauce and garlic; mix in turkey, rice, water chestnuts and green onions. Shape into four 1/2-inch (1 cm) thick patties.

2. Grill patties and pineapple slices, covered, on greased grill or in greased grill pan over medium-high heat, turning once, until pineapple is lightly charred, about 4 minutes, and until patties are no longer pink inside, about 10 minutes.

3. Sesame Mayonnaise: In small bowl, stir mayonnaise, sesame oil, mustard, soy sauce and vinegar to blend.

4. Split buns; toast on grill, if desired. Spread with Sesame Mayonnaise then pile on patties, lettuce, pineapple, tomato and onion. RICEINFO.COM

Ingredients

- 1 egg
- 1 1/2 tbsp (22 ml) soy sauce
- 2 tsp (10 ml) grated ginger
- 1/2 tsp (2 ml) hot sauce
- 1 clove garlic, minced
- 1 lb (500 g) ground turkey
- 1 cup (250 ml) cooked and cooled U.S. brown or white rice
- 1/2 cup (125 ml) chopped drained water chestnuts
- 1/2 cup (125 ml) thinly sliced green onions
- 4 round slices fresh pineapple, peeled, cut 1/2-inch (1 cm) thick and with core removed

Sesame Mayonnaise

- 1/3 cup (75 ml) mayonnaise
- 2 tsp (10 ml) sesame oil
- 2 tsp (10 ml) Dijon mustard
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) rice vinegar

- 4 hamburger buns
- 4 leaves Romaine lettuce
- 4 slices tomato
- 4 thin slices red onion

Side dish. Macaroni Salad with Cherry Tomatoes & Mozzarella

1. Bring a large pot of water to a boil, season with salt and cook pasta 1 minute under required cooking time.

2. Drain and toss with 1 tablespoon olive oil and place on a sheet tray to cool down.

3. In a large bowl, combine all the ingredients together and gently toss them. Season with salt and pepper to taste.

NEWS CANADA/ BARILLA.CA

Ingredients

- 1 box Barilla macaroni
- 6 tbsp (70 ml) extra virgin olive oil
- 2 tbsp (20 ml) lemon juice
- 2 pints (594 g) cherry tomatoes, halved
- 2 balls (225 g) fresh mozzarella, diced
- 6 leaves basil, chiffonade
- Salt and black pepper

A few gadgets for staying cool

Summertime is officially heating up in most areas of the country. Keeping cool isn't all about hanging out in the local air conditioned shopping mall this summer. Enjoy your apartment and stay cool with some home-related gadgets to help lower the temperatures.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Cordless fan/radio

Create soft music sounds through the breeze with the Gama Sonic Rechargeable Fan with Radio. It goes inside or out and is cordless. $85, homedepot.ca.

Iced coffee maker

Perfect for travel or small spaces, this tiny appliance will turn you into summer's favourite barista in just minutes. Personal Iced Coffee & Tea Maker, $25, hamiltonbeach.ca.

Cool pet mat

Have the coolest pet on the block! Non-toxic gel infused mat stays as cool as a stone floor without refrigeration. Sharper Image Cooling Comfort Pet Mat, $28, bedbathandbeyond.ca.

Air control

No central air conditioning? Try a year round saviour that cleans, dehumidifies, circulates and cools the air. Pinguino 4-in-1 Air Conditioner, $530, delonghi.com.

Cooling mattress

KoolComfort memory foam with an open-cell structure is more breathable, creating a cooler sleep surface. iComfort Genius Mattress, $1,600, sertacanada.com.

Frozen treats

Add low-fat yogurt or fruit juices to create guilt-free frozen desserts or, simply make rich, decadent ice cream! Cuisinart's Yogurt Sorbet & Ice Cream Maker, $110, thebay.com.

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$386,377

The Pavo

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Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

Top off-season acquisition Geroy Simon will miss Friday's home opener at Mosaic Stadium against the Stampeders with a leg injury. DARRYL DYCK/THE CANADIAN PRESS

Wait for Simon goes on in Saskatchewan

CFL. Leg injury to keep high-profile receiver out of home opener against Stampeders

Geroy Simon's much-anticipated debut with the Saskatchewan Roughriders will have to wait another week.

Head coach Corey Chamblin announced Wednesday that Simon, a key off-season acquisition, won't play Friday in Saskatchewan's home opener against the Calgary Stampeders. Simon missed the Riders' season-opening 39-18 win over the Edmonton Eskimos with a leg injury.

With the Riders hosting this year's Grey Cup, GM Brendan Taman was busy this off-season tweaking his roster to make a run at the CFL title.

But his biggest off-season move was landing Simon from the B.C. Lions in January. The six-foot, 198-pound Simon is the CFL's all-time receiving yards leader (15,787) and needs just 29 catches to break Ben Cahoon's league mark of 1,017 career receptions.

Simon was part of two Grey Cup-winning teams and a six-time all-star over 12 seasons in B.C. But he missed five games last year with hamstring ailments that limited him to 54 catches for 700 yards and two TDs.

On Tuesday, the Riders released receiver Greg Carr, prompting suggestions the club was paving the way for Simon to make his debut with the club Friday. THE CANADIAN PRESS

Riders DB Anderson pays for 'throat slashing' gesture

Defensive back Dwight Anderson was fined for objectionable conduct Wednesday by the CFL.

- The league fined Anderson for making a "throat slashing" gesture toward the Edmonton bench in Saskatchewan's 39-18 season-opening win Saturday.
- Anderson was also penalized for being abusive toward officials during the game.
- He received two objectionable conduct penalties in the contest for his actions.
- League policy means the CFL didn't divulge the amount of the fine.

NHL

Stoll 'fine' after suffering seizure in California

Los Angeles Kings centre Jarret Stoll was hospitalized Wednesday after suffering a seizure.

The Los Angeles Times reported that the Melville native fell ill at his Hermosa Beach home.

Kings general manager Dean Lombardi told the Times that he visited Stoll in the hospital and the "bottom line is that he's fine. Now the issue is what caused it."

The Kings did not immediately respond to an Associated Press email seeking comment on Stoll's condition Wednesday.

The 31-year-old Stoll missed all but the first game of the Kings' second-round playoff series against the Sharks after suffering a concussion following a hit by San Jose's Raffi Torres.

THE ASSOCIATED PRESS

Wimbledon

Murray, del Potro move into semis

Andy Murray had all of Britain on edge for five sets.

Juan Martin del Potro took only five points to get the fans buzzing at Wimbledon.

Two wins in two very different matches Wednesday sent Murray and del Potro on to the semifinals.

Murray completed his seventh career comeback from two sets down to top Fernando Verdasco 4-6, 3-6, 6-1, 6-4, 7-5.

Earlier on Centre Court, del Potro hyperextended his left knee and crumpled to the ground on the fifth point, but shook off the injury for a 6-2, 6-4, 7-6 (5) victory over David Ferrer.

THE ASSOCIATED PRESS

Pats, Blades look East in CHL import draft

The WHL teams in Saskatchewan's two biggest cities chose similar paths in Wednesday's CHL import draft, using their first picks to nab big, imposing blue-liners.

The Regina Pats selected Dallas Stars prospect and Moscow native Dmitry Sinitsyn with their 16th overall pick, bringing into the fold a standout defenceman who has already traversed two continents in his young playing career.

The Saskatoon Blades also went to Eastern Europe with their first pick, taking Czech native David Nemecek with the 49th overall selection.

Sinitsyn started out playing for his hometown team CSKA Moscow, before moving to Texas in 2009 to play with the under-16 Dallas Jr. Stars. He spent last season playing in the NCAA at the University of Massachusetts-Lowell.

The six-foot-two 200-pounder is imposing, but more of a skilled defender, Pats general manager Chad Lang said.

"Dmitry is a big, strong and mobile defenceman with a big shot who can certainly aid in our success offensively and on the power play," Lang said. "As a 19-year-old with NCAA experience, he is a mature player we feel will step in comfortably with our group. We are happy to have selected him and welcome him to Regina."

Lang added he has not yet spoken to Sinitsyn.

The players selected are not required to report to their CHL teams and could opt to play in other leagues such as the NCAA.

At six-foot-three and 208 pounds, Nemecek appears to be a good fit in a league long known for its ability to churn out punishing rearguards. He spent last season with the Sarnia Sting of the OHL, where he picked up two assists and 24 penalty minutes in 34 games.

The Pats selected 18-year-old German winger Maximilian Kammerer with the 76th overall choice, their second and last pick of the draft.

With their last pick, the Blades selected Russian forward Nikita Sherbak in the 109th spot.

MARCO VIGLIOTTI/METRO

Horoscopes

♈ Aries
March 21 - April 20
Let your heart point you in the right direction — and don't hesitate to follow where it leads. If you're bold, something out of the ordinary will happen over the next 24 hours.

♉ Taurus
April 21 - May 21
You won't get a lot of free time today but what you will get is the chance to impress people in positions of power with your can-do attitude. Don't wait to be asked to do something — show initiative.

♊ Gemini
May 22 - June 21
You may think you can do as you please with no consequences but you are fooling yourself. Today's Sun-Uranus link warns that where there are actions there are also consequences — always.

♋ Cancer
June 22 - July 23
Petty squabbles could easily get out of hand today so make sure you control your temper, no matter what the provocation. Others may stoop to devious methods but you are made of nobler stuff, hopefully.

♌ Leo
July 24 - Aug. 23
This is a good day for those born under the lion sign. And if you make an effort to socialize, it could be a great day. Meeting new people will brighten your life in numerous ways.

♍ Virgo
Aug. 24 - Sept. 23
If you feel that you are being sold short in any way, you must kick up a fuss. The planets warn you will only get what you deserve if you stand up for yourself. Make noise.

♎ Libra
Sept. 24 - Oct. 23
The Sun squares up to changes planet, Uranus, across important angles of your chart today. If you expect the unexpected, it's unlikely you will be disappointed. Stay as flexible as possible.

♏ Scorpio
Oct. 24 - Nov. 22
Don't waste your time arguing with people who think they know everything. They have their way of looking at life and you have yours, and neither of you will convert the other.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will encourage you to do something outrageous today and although you may be tempted to give it a go, you know that if it goes wrong, it's you who will suffer. So don't.

♑ Capricorn
Dec. 22 - Jan. 20
Someone important is expecting you to deliver on a promise and you must not let them down. You may have to burn the candle at both ends to get it done but it's a sacrifice worth making.

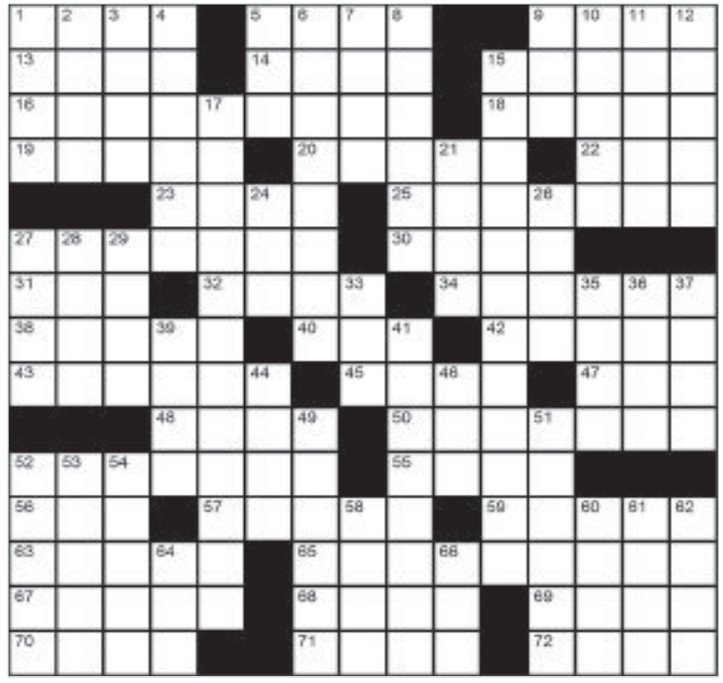
♒ Aquarius
Jan. 21 - Feb. 19
You may wish you could escape your responsibilities but with the Sun squaring up to Uranus, your ruler, today that won't be possible. There are things you have to do and the time to do them is now.

♓ Pisces
Feb. 20 - March 20
Keep an open mind today no matter how crazy some of the things you are told may sound. Just because they sound crazy doesn't mean they can't be true. Think outside your mental boundaries. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

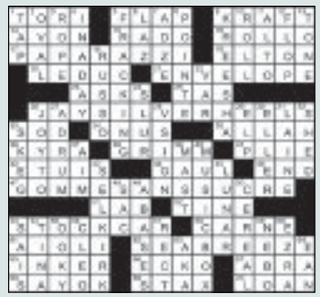
BY KELLY ANN BUCHANAN



Across
1. Big amount
5. Journey
9. Unluckily
13. Sad bio
14. Famous painting, with Lisa
15. Canadian satire magazine
16. Start business operations: 3 wds.
18. Prefix with 'arthritis'
19. Secretarial skill, shortened
20. Old roads of Rome
22. Red Rose product
23. Double
25. Toronto-born comic/actor Mr. Peters
27. Actor, Louis __ Jr.
30. Annoyed state
31. In times past
32. Dentistry fear, __ canal
34. Ms. Redford, Premier of Alberta
38. Eve __, Jan Brady's portrayer: 2 wds.
40. Tom Mulcair's pol. party
42. Heavy construction lifter
43. Soap Opera, for one
45. Mr. Hudson aka Slash
47. 'Electron' suffix
48. Unappealing food serving
50. They're of little importance
52. "All over __ __ / At Waimea Bay..." - The Beach Boys, "Surfin' USA"
55. Curt content
56. Ms. Lupino
57. "__ __ favour, say 'Aye'."
59. Hot __ (Sundae stuff)
63. Bland
65. Scoots over: 2 wds.
67. "Jumping jelly beans!"
68. Early filmdom's Mr. Jannings
69. "__ '70s Show"
70. Lion lairs
71. Military level
72. Made by milliners

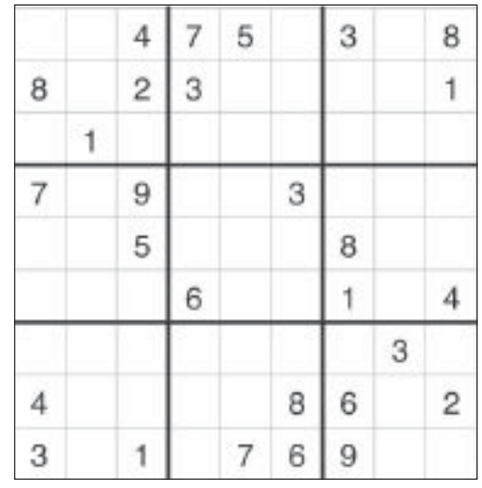
Down
1. Toronto neighbourhood, __ Park
2. Help with the heist
3. Place
4. Daring movie feats
5. Brand symbols, e.g.
6. Canadian writer Mr. Mistry
7. When sports ties might be broken, __ __ __
8. Documents, reports, etc.
9. MGM's motto, __ Gratia Artis
10. Coffee order
11. Slippery as __ __
12. Toast in a tavern!
15. Joggins __ __ (UNESCO World Heritage Site in Nova Scotia)
17. Songs for Celine Dion: 2 wds.
21. __ __ race (Do the 10K, for instance)
24. "What was __ __ do?"
26. "__ Crazy" (1980)
27. Spaces
28. Really look
29. Like unfresh milk
33. CFL feats
35. Be boating
36. Grimm opener...
37. Scotland's famed Loch
39. Soybean paste
41. Mandy of TV series "Homeland"
44. Lounge around
46. Vase
49. Golfing great Arnold
51. "Born on the __ of July" (1989)
52. Existed
53. Smart saying
54. Tokyo's locale
58. "__ __ Rock" by Simon & Garfunkel
60. Qatar's capital
61. Bearded animal
62. 911 respondents
64. Personal proofs, puny-ly
66. Wapiti

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	5	2	3	4	8	7	9	1
9	1	8	2	7	5	3	4	6
4	7	3	9	6	1	5	2	8
1	6	7	5	8	2	9	3	4
3	8	9	4	1	7	2	6	5
5	2	4	6	9	3	1	8	7
7	3	6	1	2	4	8	5	9
2	4	1	8	5	9	6	7	3
8	9	5	7	3	6	4	1	2

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